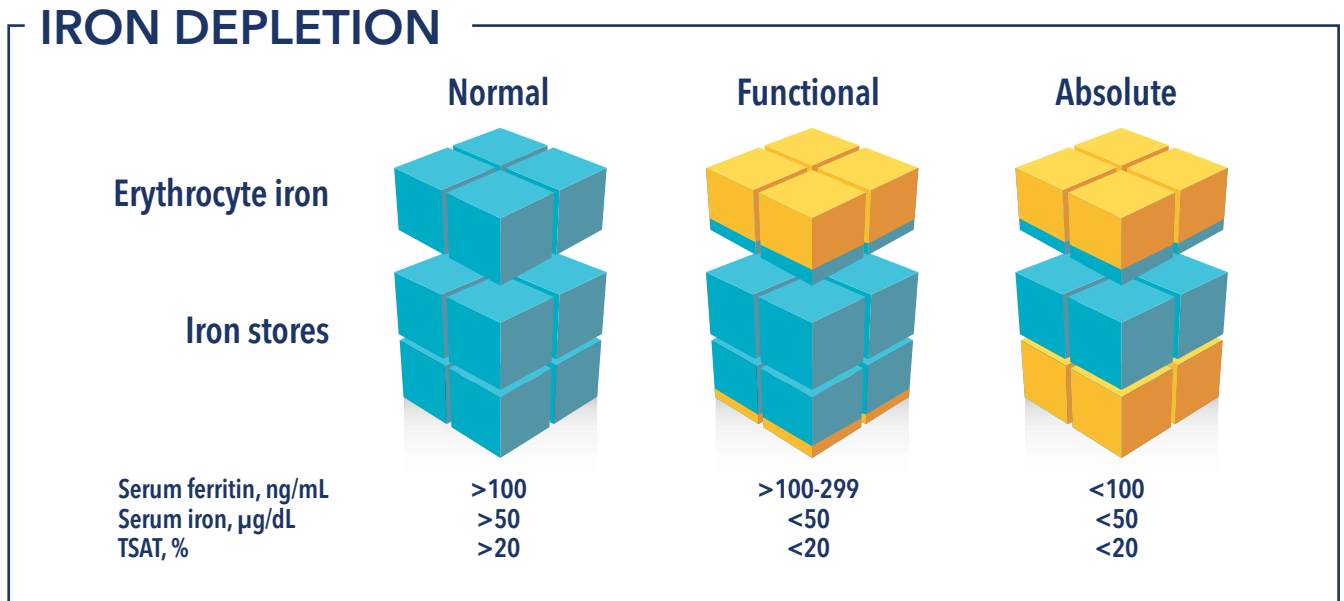


Iron has both a storage pool and a functional pool. Iron deficiency can be absolute (the body's iron store is empty) or functional (when the release of iron is compromised).



## CAUSES OF IRON DEFICIENCY:



### Reduced absorption

Autoimmune gastritis  
Bariatric surgery  
PPIs  
Anti-H<sub>2</sub>  
H pylori  
Hookworm infection  
Bleeding  
Oedema  
Celiac disease



### Inadequate intake

Vegetarian/vegan diet  
Malnutrition



### Increased body needs

Infants/preschoolers  
Pregnancy  
EPO treatment  
Elite athletes



### Chronic blood loss (without anemia)

GI cancers  
Donations  
Heavy menses  
NSAIDs  
Haematuria  
Coagulopathy  
Steroids



### Having certain chronic diseases\*

Inflammatory bowel disease (IBD)  
Chronic heart failure  
Chronic kidney disease  
Celiac disease

\*block iron transporters and reduce iron absorption, causing functional iron deficiency.

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